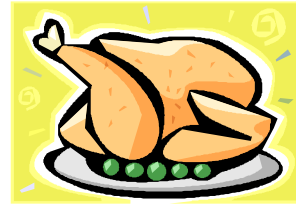
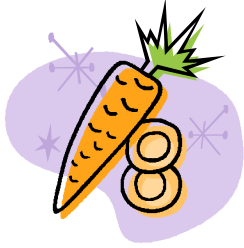


**Now Available
at Daniels Family Fitness Center**

Free Nutrition Consultation



**Monday—Friday 11:30 a.m.—1 p.m.
Tuesday & Thursday 4:30—7 p.m.**

Our Nutrition Consultant can:

- Assist you with meal planning
- Provide nutrition planning for weight loss/gain
- Provide nutritious recipes
- Find your daily protein requirement
- Calculate your body mass index and metabolic rate compared to calorie intake
- Evaluate your nutritional history
- Assist you in setting short and long term nutritional goals
- Provide you with nutrition handouts

**Call the Fitness Center at 639-6234
for more information**

